

Healthy Living Long term overview

Class	Relationships			Living in the wider world			Health and wellbeing		
Willow	Who am I? My Family My community		Who are you? Being respectful My friendships Being healthy - teeth	Where in the world? Using technology Being healthy – screen time Occupations and money		What is growing? Being healthy - food Growing and changing.	Where do you belong? Keeping safe – lifestyle choices, strangers		Where shall we go? Keeping safe – water safety, road safety
Elm	What is a family?	Is it ok to give hugs?	What is respect?	How do we show we care?	What is the internet?	What is a job?	How can I be healthy?	Do I always feel good?	How do I keep safe?
	What is a friend?	Is it ok to have secrets?	How can I be a good friend?	Where do I belong?	Is technology a good thing?	Do we need money?	How can I feel good?	How do we grow and change?	How do I keep safe?
Ash	Are all families the same?	What are personal boundaries?	How do we show respect?	What are human rights?	How can we use technology responsibly?	Why are jobs important?	What is a healthy lifestyle?	What is resilience?	Can I identify risks?
	What are healthy friendships?	What is peer pressure?	How do we show acceptance?	What is a community?	What are the risks with technology?	How do we use money?	How can we manage our own health and hygiene?	Who am I?	What are drugs?
Oak	Is trust important?	Do I have choices?	Why is respect important?	Why is the environment important?	Is everything we see/hear true?	What are my hopes and aspirations?	Why is mental health important?	Y5 PUBERTY	FIRST AID TRAINING
	What is commitment?	How do I manage risks?	How do people share their views?	What is equality?	How do I know what is ok to share?	Why is it important to manage money carefully?	What can affect our mental health and wellbeing?	Y6 Sex education	DARE PROGRAMME

Fundamental British Values and elements of SMSC are woven through the teaching and learning of PSHE.